

# GuardStart: Lifeguarding Tomorrow



*This two week class gives youth a jump-start to future work as a Lifeguard.*

- Tailored for ages 11-15
- Taught by Red Cross Certified Staff
- Builds a foundation of knowledge, attitudes, and skills consisting of five categories: Prevention, Fitness, Response, Leadership, and Professionalism

*Pre-requisite includes completion of the 5th grade and demonstration of the following skill:*

- Continuously swim 25 meters of front crawl stroke.
- Tread water for 1 minute using arms and legs.
- Submerge and swim ten feet under water.

## **Register for Summer Session!**

### **Registration Dates:**

May 13 (Carlsbad Residents)

May 20 (Non-Residents)

**Fee:** \$75 R / \$85 NR

**Schedule:** Mon. - Fri. 1:30 pm - 4:30 pm

**Session SC:** July 13- 24, 2009

### **For more information:**

Call the **Monroe Street Pool**  
at (760) 602-4685 or register online  
at [www.carlsbadconnect.org](http://www.carlsbadconnect.org).

